

What makes a mammal happy?



Dopamine

"I can get it!"



Serotonin

"I'm top dog!"



Oxytocin

"I trust you."



Endorphin

"I'm feeling no pain."

Happy chemicals weren't meant to flow all the time.

What makes a mammal UNhappy?



Cortisol tells you when your hand is on a hot stove.



Cortisol gives you a bad feeling when you see anything that burned you in the past....

hunger

losing

social isolation

bullies

rivals

frustration



Your brain tries to protect you by scanning for everything similar to past pain.



Unhappy chemicals keep getting triggered, and it always feels like a matter of life and death.